PER BACK • UPPER BACK • UPPER BACK • UPI

Row

Stand with your feet shoulder width apart; bend at the knees and hips; support your weight by placing your left hand on your left knee while letting your right hand hang loosely with the dumbbell. Pull your right elbow straight up until

> your hand reaches your hip, forming a 90° angle at the elbow. Slowly return to the starting position. Row 10 times, then repeat with





